

BAB 7

KESIMPULAN DAN SARAN

7.1 Kesimpulan

Terdapat korelasi positif yang lemah dan tidak signifikan antara rerata durasi perminggu olahraga selama 12 minggu dengan rata-rata hasil *finger tapping test* percobaan ketiga-kelima pada lansia di Panti Asuhan dan Panti Jompo Bhakti Luhur ($r=0,341$, $p=0,120$).

7.2 Saran

1. Desain penelitian selanjutnya dibuat eksperimental agar bisa mengontrol variabel-variabel yang berpotensi menjadi perancu seperti aktivitas fisik lain yang dilakukan subjek penelitian dan kualitas gerakan dari subjek penelitian serta dapat melihat hubungan kausalitas (bukan hanya asosiasi)
2. Jumlah sampel pada penelitian selanjutnya diperbanyak agar sensitivitas penelitian bertambah.

3. Walaupun dalam penelitian ini korelasi dari durasi olahraga dengan kemampuan motorik halus yang digambarkan melalui hasil *finger tapping test* berkorelasi sedikit dan tidak signifikan, Panti Asuhan dan Panti Jompo Bhakti Luhur diharapkan tetap melaksanakan senam setiap harinya karena manfaat senam terhadap kesehatan sudah terbukti. Kalau memungkinkan, para *caregiver* di Panti Asuhan dan Panti Jompo Bhakti Luhur Tropodo lebih proaktif dalam meningkatkan kuantitas dan kualitas gerakan dari para lansia sehingga hasil yang di dapat dari olahraga ini juga maksimal. Para lansia juga bisa diberi *reward* bila rajin datang senam dan semangat dalam melakukan senam.

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